

## What you can find on the UPEST Web Site

- What is IPM?
- Washington Laws
- How to Hire a Pest Management Professional
- Pesticide Information
- Best Management Options



## Using IPM Learn How To Manage Common Indoor Household Pests

- Ants
- Bedbugs
- Beetles
- Cockroaches
- Fleas
- Lice
- Mice and Rats
- Mold
- Moths
- Flies
- Spiders
- Termites
- Yellowjackets
- Dandelion
- Blackberry
- Horsetail



## Who is UPEST?

The **Urban Pesticide Education Strategy Team (UPEST)**, formerly known as the Urban Pesticide Initiative, was formed in 1991 by EPA Region 10, state agencies and Washington State University Extension to jointly address urban pesticide issues.

Washington State Department of Agriculture  
Washington State Department of Ecology  
Washington State Department of Health  
Washington State University Extension  
Environmental Protection Agency

## PROMOTING IPM IN WASHINGTON HOMES



## INTRODUCING THE *UPEST* WEB SITE

<http://www.ecy.wa.gov/programs/swfa/upest/>



## PROMOTING URBAN IPM IN WASHINGTON



### What is Integrated Pest Management or IPM?

**IPM is an approach** to pest control that can help maintain a safe and healthy environment and reduce exposure to potentially harmful chemicals. In IPM, we learn about our pests and select the best control methods to manage them with the least effect to people, pets and the environment. By anticipating and preventing pest activity and combining several control methods, you can achieve long-term results. IPM emphasizes long-term prevention of pest problems through:



- Good sanitation in kitchens and garbage areas.
- Physical barriers such as screens and caulk to keep pests out of buildings.
- Use of natural predators to control landscape pests.
- Selection of disease resistant landscaping.
- Baits or traps to prevent or eliminate emerging problems.

### Steps for Successful IPM

**It is easy to practice IPM.** Here are some simple steps to follow to use IPM to help solve any type of pest problem in your home.

**Inspection**—Be a detective. Look for signs of the pests—dead insects and rodent droppings. Look for damage caused by the pests and items pests need to survive such as moisture and food.

**Learn about the pests**—Identify the pest and learn about what it eats, how it reproduces, and where it prefers to live.



**Decide if you have a problem**—Many pests are just a nuisance, but some can cause serious health problems.

**Keep track of the pests**—Monitoring is a key part of IPM. This helps you learn where most of the pests are and if your control methods are working.

**Choose the best management option**—You want to control the pests without harming people, pets, or other creatures and plants that share our environment. Do this by choosing the least hazardous method of pest control. Prevention is the best place to start.

**Evaluate**—Check often to see if you still have the pest problem. Determine which control methods work best and remember that it is much easier to get rid of a small number of pests than a huge number.

Visit the *UPEST* website to learn more about safely controlling pests at your home.

